

## ABSTRACT

A football training aid including a device that detachably connects a football player's helmet to the player's shoulder pads, thereby and reducing the tendency and/or ability of the  
5 player to lower his head while wearing said device. The exemplary embodiment of the device provides a substantially "T" shaped piece of vinyl, polyurethane, or other resilient material in a length adequate to connect the rear portion of the helmet to a rear portion of the shoulder pads. The present invention also includes several attachment methods for attaching the training device to the helmet and shoulder pads, including VELCRO® strips and a plurality of  
10 snaps.